

# Food Health and My Child

A new 6 week course for parents of pre-school children, covering:

- A healthy balanced diet
- Food labelling
- Healthy snacks
- Fussy eating



This course should give you the skills you need to feed you and your family healthily on a budget.

Cooking classes will follow 5 of the 6 sessions.

When: Starts 29<sup>th</sup> September.

Where: Fet-Lor Youth Centre, 122 Crewe Rd South.

Time: 10am-12pm or 1-3pm.

For more information Tel: 0131467 7326 or email [skaila@edinburghcommunityfood.org.uk](mailto:skaila@edinburghcommunityfood.org.uk)

